

Baseball / Softball

Walk-in Registration: Saturdays, January 10 & 17th - 11am-2pm in the Forest Lakes Elem. School P&R Rm.
FEES PER PLAYER (Rec'd before February 1st): Age 5-6 & 7-8: \$60 Age 9-10, 11-12, & 13-15: \$90
MULTI-CHILD DISCOUNT: When registering multiple children from the same household, you may subtract \$5 from the second child's fee, and \$10 from the third. The fourth child or more plays for no additional fee.



15-19 Baseball & Travel sign-ups for ages 7-14 available at the walk-in registrations.
On-line Registration for ages 5 & up will be on the Forest Hill website & through the Mail on 1/1/14.

Visit <http://www.foresthillbaseball.com> for forms, instructions, and points of contact.



Opening Day: April 18, 2015

Sign-ups for managers, coaches, youth umpires and volunteers are also available at the walk-in registration

Info: website www.foresthillbaseball.com or Chris Benjes 443-640-4400 or cbenjes@foresthillbaseball.com

Softball Contact: Eric Lippert 443-371-7789 or foresthillsoftball@verizon.net

5-6 Baseball & Softball Program: This program is for children who are 4¾ to 6 yrs. old. The league is divided into teams of about 10 players that each have their own color t-shirt & hat. The first 6 Sat. mornings from mid-April through May teach fundamental skills at four 20-min. stations per wk. They include throwing, catching, ground balls, pop-ups, base running, hitting off the tee, pitching, & basic rules. The season ends in mid-June with a pizza party and a trophy presentation. This is a great way to introduce your child to America's favorite pastime, and it also offers parents a chance to get in on the ground floor of coaching at Forest Hill. Our 5-6 Program needs many volunteers. Consider coaching your son or daughter in their first years of baseball/softball; you can move up through the age groups with them.

2015 Baseball Fundamentals Spring Training Camp

This instructional program is designed to teach good sportsmanship, proper warm-up techniques and the fundamentals of baseball in a *FUN ATMOSPHERE*. Recommended for ages 5-15.

Three Sunday 2-hour sessions will be held indoors in March from 3-5pm in the Harford Sports Training Academy located in the Forest Hill Industrial Air Park on Industry Lane.

FEE: \$60.00 if received before 2/22; \$70 if received after 2/22. **NO REFUNDS** (payable to FHRC)

For more information: Camp Director: Chris Benjes, 443-640-4400, cbenjes@foresthillbaseball.com

INSTRUCTIONAL STAFF includes dedicated and experienced coaches from the Travel program and high school levels, as well as senior members of the Forest Hill Baseball program.

This program is a fund raiser and all proceeds from the Camp go directly into supporting the Forest Hill 12U Express Travel Team's trip to Cooperstown Dreams Park in July. Limited to 80 participants – sign up early!

WOMENS FITNESS



Ladies' Strength Training Class: Tues./Thurs., 9:15-10:15am at Forest Hill/Hickory Activities Center, Annex Room. \$5/class if register for session; \$7 drop-in fee. Bring water. Barbells are provided. Info: Sherri Woosley, sherri.woosley@verizon.net. (certified personal trainer)

Zumba: Sat, 10-11am, 1/3 - 3/28, at Forest Hill/Hickory Activities Center Studio B. Fee: \$50. Register 9:45am 1/3, late registration 1/10. Info: Linda, 410-838-1345.

For safety reasons children will not be allowed in the studio.

YOGA

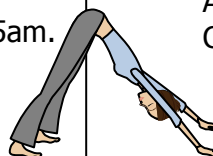
Monday morning – Session: 1/5-3/30, 9:30-10:45am.

Wednesday morning – Session: 1/7-3/25, 9:30-10:45am.

Friday Morning – Session: 1/9-3/27, 9:30-10:45am.

Location: Forest Hill/Hickory Activity Center

2213 Commerce Rd, Forest Hill, MD 21050



Wednesday evening – Session: 1/7-3/25, 6:30-7:45pm.

Location: Forest Lakes Elementary School Recreation Room

Gentle but challenging Hatha Yoga, led by Susan Jensen, a certified yoga instructor. Bring your own mat/water. Registration form is found on the website: www.foresthillrec.com. Register 15 min. prior to first class or, in advance by mailing completed registration & check payable to **FHRC** Mail to: Susan Jensen, 13809 Ansari Lane, Baldwin, MD 21013

Age: over 18
Cost: \$90/1 class per 12 week session;
\$150/2 classes per 12 wk session;
\$180/unlimited classes in session
Drop-ins are \$10/class.
Email questions to: susanjensen@comcast.net
Or Call: 410-817-4895

4 and 5 Year Old Tennis - Session 2 - Inside

4 & 5 year old Quickstart Tennis. Held at the Forest Hill/Hickory Activities Center.

Tuesdays: 9:30-10:15am or 1:00-1:45pm. Dates: Jan. 13, 20, 27 Feb. 3, 10, 17, 2015. Cost: \$66. Student ratio:

6 to 1. Minimum of 3 – Maximum of 6. This class will help develop agility, coordination, throwing, catching, hitting, & balance with a variety of creative and fun activities. Lower net heights, smaller rackets and soft foam balls used. Parent or Guardian must be onsite. Bring water bottle. Sneakers are a must.



Go to www.Foresthillrec.com under youth tennis.

Info: Lori Phillips (USPTR registered) 443-299-6606 or email lp4tennis@gmail.com



HARFORD COUNTY DEPARTMENT OF PARKS AND RECREATION

Forest Hill/Hickory Activities Center; 2213 Commerce Rd.; Forest Hill; 410-638-3616

Website: www.harfordcountymd.gov/parks_rec E-mail: fhctr@harfordcountymd.gov

Winter 2015

BOYS OUTDOOR LACROSSE

Registration for the 2015 season began on Saturday, October 25th. Register online at www.fhllacrosse.usl.la

We intend to field teams in the following age groups for the 2015 lacrosse season:

Clinic – Ages 4-6 (Instructional)

PeeWee- Ages 5-6 – In-house League - Playing with the Bel Air In-House League

Tyker – Ages 7-8 – In-house League - Playing with the HARCO In-House League

Tyker – Ages 7-8 – Travel League - HARCO and MYLA Leagues at the B level of competition

Lightning – Ages 9-10 – In-house League – HARCO at the C level of competition.

Lightning – Ages 9-10 – Travel League - MYLA and, or HARCO at the B and, or C level of competition.

Midget – Ages 11-12 – Travel League - MYLA and, or HARCO at B and, or C level competition

Junior – Ages 13-14 Travel League - MYLA and, or HARCO at the B and, or C level of competition

Forest Hill teams will practice on Forest Hill area fields and play their home games at Blake's Venture Park in Forest Hill.

The program runs from January 15 (Evaluations) to early June (year end tournaments). Registration fees are as follows:

Clinic 5-6 years of age (born on or after 01/01/2009) \$ 64.00

Pee Wee 5-6 years of age (born on or after 09/01/2007) \$ 96.00

Tyker 7-8 years of age (born on or after 09/01/2005) \$165.00

Lightning 9-10 years of age (born on or after 09/01/2003) \$169.00

Midget 11-12 years of age (born on or after 09/01/2001) \$180.00

Junior 13-14 years of age (born on or after 09/01/1999) \$198.00

Each player will receive a jersey and shorts to keep. Tournament fees are included. There is a \$10.00 per player discount for every additional player who signs up for the program from the same immediate family. (Example 1st Player would cost \$100.00, but every additional player from the same family would cost \$10.00 less per player for whatever age group they play). Rental equipment is available for a \$38.00 fee and includes a helmet, gloves, arm pads and shoulder pads. Each piece of equipment may also be rented separately. A \$200.00 check is required as a security deposit for the equipment rental and will be held by the Program until the equipment is returned at the end of the season. All players must provide their own lacrosse stick, mouth guard and athletic supporter with protective cup.

For additional information, or questions you may email foresthilllaxchair@gmail.com or call Coach Scott @ 443-250-5290.

GIRLS LACROSSE

Registration: ONLINE REGISTRATION ONLY. <http://www.hfglacrosse.com> **Ages:** Pre-K – 8th Grade

Season: Outdoor 2015 spring program registering in the fall of 2014. Season: February-early June.

The season starts in February and concludes early June.

Teams: Registration is limited due to the number of coaches and players needed per team.

Try-Outs: Teams for those in grades 4-8 are formed based on try-outs. We encourage everyone to sign up with and without experience.

Practices: Held at one of the following fields, Friends Park, Prospect Park, Cedar Lane or CMW High School.

Volunteers needed: Coaches, assistant coaches, program administration...etc. Please volunteer your time.

For more information please contact: Andy Baldwin hfglacrosse@outlook.com or www.hfglacrosse.com



HFC United Futsal Academy

Location: Forest Hill/Hickory Activity Center

Ages: U7 Clinic (5/6 years), U8-U15

Program dates: Late March thru May, 2015

Our very successful Futsal Academy is back for a 6th straight year. The program will continue to elevate individual technical skills and provide essential soccer knowledge for the outdoor game. The program received high praise from parents and players the past 5 years with the advanced curriculum and program design. Don't fall behind your peers by missing out on this very unique program in our area. HFC will be enhancing the program by adding new elements to continue to challenge all the players.

All information will be posted on our website in January, registration opens February 1st.

Online registration ONLY - visit www.hfcunited.com for additional information.

SPACE IS LIMITED - Rosters filled first come, first serve. **NO REFUNDS**

START SMART

The National Alliance for Youth Sports and Harford County Department of Parks and Recreation present Start Smart - an instructional program that helps parents work one-on-one with their children while teaching them a variety of skills. The program focuses on teaching children and their parents basic sport mechanics without the threat of competition or the fear of getting hurt. This program promotes Fun, Family and Friends. Come out and enjoy time with your child.

	Start Smart Basketball Ages 3-5 Fee: \$40
Day: Thursdays Time: 1:30pm-2:30pm Dates: Jan 15 – Feb 19, 2015 Where: Emmorton Recreation & Tennis Center 2213 Old Emmorton Road Bel Air, MD 21015	

	Start Smart Soccer Ages 3-5 Fee: \$40
Day: Thursdays Time: 10:00am-11:00am Dates: Jan 15 – Feb 19, 2015 Where: Forest Hill/Hickory Activities Center 2213 Commerce Road Forest Hill, MD 21050	

A mandatory parent orientation meeting, for 1 st time parents, will be held on Thurs. Jan. 8, 2015 at 10am. Location: Emmorton Recreation & Tennis Center 2213 Old Emmorton Road Bel Air, MD 21015 For more information: 410-638-3853 410-638-3616

Preschool Programs starting soon at The Forest Hill/Hickory Activity Center

Preschoolers Ages 3-5. Forest Hill/Hickory Activities Center, 2213 Commerce Road, Forest Hill, MD. Info: 410-638-3616.

Winter Wonderland: Tuesday, January 6, 2015 from 10-11:30am. Fee: \$12. Come and join us for crafts, stories and games in celebration of everyone's favorite season...winter!

Valentine's Day: Tuesday, February 10, 2015 from 10-11:30am. Fee: \$12. Everyone loves a handmade gift; especially for the ones you love the most! Children will make keepsakes that will be perfect as gifts for a holiday just for love.

Easter Celebration: Tuesday, March 31, 2015 from 10-11:30am. Fee: \$12. Come and get ready for the Easter Bunny! Join us for crafts and games (and maybe some candy too) to celebrate Peter Cotton Tail!

Think Spring: Tuesday, April 21 & 28, 2015 from 10-11:30am. Fee: \$20. Ready for winter to come to an end? Come warm up with us and join us for a two day class with crafts and games to welcome in the warm weather!